

Issue 24

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Item of Interest:

Healthy Holidays. Are you and your family seriously considering starting of the next year on a healthy note? Why wait until the New Year! Yes, it is the holiday season. You can start living a healthy life right now. A healthy diet and regular physical activity can easily be achieved by making some of these easy, conscious decisions. Kick start the New Year — and the New You — off right by balancing the calories you consume with the calories you burn, and avoid any holiday weight gain. For more information on how you can kick start a healthy new you, visit www.cdc.gov/Features/HealthyHolidays

Navy and Marine Corps Medical News

A Public Affairs Publication of the Bureau of Medicine and Surgery

NH Pensacola Staff, Spouses Pack Holiday Care Packages for Deployed Warriors

By Mass Communications Specialist
1st (AW) Russ Tafuri, Naval Hospital
Pensacola Public Affairs Office

PENSACOLA, Fla. — Naval Hospital Pensacola and its Naval Branch Health Clinic staffs from across five states that make up the command are often deployed in support of Operations Enduring Freedom/Iraqi Freedom. Since those operations began approximately 1,200 staff from throughout the command have deployed around the globe.

In an effort to send a 'little bit of home' to those deployed, to let them know their command supports them, a number of people from organizations and clubs associated with the hospital gathered November 23 to pack care packages to send out to the almost 50 cur-

rently-deployed staff members who won't be home for the holidays.

Captain Maryalice Morro, Commanding Officer, along with members of the Pensacola Oak Leaf Club and the hospital's First Class Petty Officer Association (FCPOA) and Second Class Petty Officer Association (SCPOA) converged in a hospital classroom to pack nearly 60 care packages full of mostly donated items.

Among the gifts were basic necessities like socks and toiletries, to things that may be taken for granted here at home like playing cards or a child's toy, to remind them of home, and hand-written notes in Christmas cards.

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SAN DIEGO - Cmdr. Ramona Domen, assistant director of the Naval Medical Center San Diego Medical and Surgical Simulation Center, checks the heart and lungs of the Mobile Adult Trainer mannequin during the center's grand opening Dec. 12. U.S. Navy photo by Mass Communications Specialist 2nd Class Greg Mitchell

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Admiral's Call by the Surgeon General of the U.S. Navy Vice Admiral Adam. M. Robinson, Jr.

Navy Medicine Values

The Navy Ethos, recently released by the CNO, reflects the values of the military and civilian personnel who serve on the Navy team.

"We are the United States Navy, our Nation's sea power – ready guardians of peace, victorious in war.

We are professional Sailors and Civilians - a diverse and agile force exemplifying the highest standards of service to our Nation, at home and abroad, at sea and ashore.

Integrity is the foundation of our conduct; respect for others is fundamental to our character, decisive leadership is crucial to our success.

We are a team, disciplined and well-prepared, committed to mission accomplishment. We do not waver in our dedication and accountability to our Shipmates and families.

We are patriots, forged by the Navy's core values of Honor, Courage and Commitment. In times of war and peace, our actions reflect our proud heritage and tradition.

We defend our Nation and prevail in the face of adversity with strength, determination, and dignity.

We are the United States Navy."

Navy Medicine is built on a solid foundation of proud traditions and a remarkable legacy. We are an agile, flexible and professionally anchored organization with the ability to execute Force Health Protection and all other aspects of expeditionary medical operations to support our Navy-Marine Corps warriors. At the same time, we participate in humanitarian assistance and disaster relief efforts and other operations where medical care is needed for sustainment and success. We are a critical component of the joint medical force with other services, the interagency community, allies and international partners; as well as medical and non-governmental

organizations and corporations.

We have a superbly trained and diverse team of Sailors and civilians who are grounded in our medical ethos, core values and commitment to mission readiness and accomplishment. It is important for every member of the Navy Medicine workforce to understand our mission, vision and strategic goals. Every day, each one of us has the opportunity to make decisions that will positively reflect on the role of Navy Medicine.

In the 166 years since the establishment of the Bureau of Medicine and Surgery, Navy Medicine has changed and evolved, and will continue to do so. But one thing has remained a constant...*what we value*. Regardless of the varying paths on which history has taken us, we have always maintained our core mission and calling to promote the health and well-being of our Sailor and Marines and their family members. This essential value and deeply held principle is what sets us apart from even the most altruistic of our civilian counterparts. We value our service to our brothers and sisters in arms, those who currently defend the cause of freedom throughout the world, those who have done so before, and their family members who have supported them in times of joy and times of challenge.

One definition of value includes *"to rate in usefulness, importance and general worth."* Our patients rate our usefulness and define our importance and general worth. Therefore, we put them and their families at the center of everything we do. They are the reason we exist. We do everything in our power to protect them and prevent illness and injury and we do everything in our power to restore their health and save their lives when



they have fallen. The day we cease to do that, the day we forget why we are here, is the day that Navy Medicine should cease to exist. Conversely, the extent to which we dedicate our energies and endeavors to patient and family centered care of our Sailors and Marines will continue to define our value, not only to them but to our nation and the citizens they protect.

Navy Medicine will continue to be a foremost leader in health care, both preventive and restorative, and a powerful component in the scientific evolution of medicine and research. But what sets us apart from similar institutions in this nation and the world is the additional nobility of essential commitment to care for our nation's warriors. We care for those who defend and have defended our homeland, and the very freedoms that we all enjoy as American citizens. And in caring for our nation's warriors...past, present, and future...we also care for their family members, who are *so much a part* of our service members. They too serve their country through the daily sacrifices they make and their many individual contributions to support not only their own Sailor or Marine, but the larger community around them. Our cutting edge technology and

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Campa Credits Education, Deckplate Leadership with Success, Urges Leaders to Take Care of Sailors

By Mass Communication Specialist
1st Class Tim Comerford, Com-
mander, Navy Region Mid-Atlantic
Public Affairs

NORFOLK - The Master Chief Petty Officer of the Navy (MCPON) has emphasized the importance of good leadership and education during his tenure as the Navy's senior enlisted Sailor.

While reflecting on the multiple accomplishments of the past two years strengthening deckplate to leadership, retention and diversity in the Navy, MCPON Joe R. Campa, Jr. humbly summed up his legacy.

"If there is anything I want to be remembered for, it is being remembered as a good Chief." Campa said. "That is one of the highest compliments a Chief can attain."

Campa uses his own Navy career as an example of how education can open the path to success. He wasn't always sure he wanted to join the Navy, but he knew he would be in the military.

"My father served in the Army during the Korean War, and my uncle was a Marine during Vietnam. I think the seed was planted with those two pushing me towards military service," said Campa. "I

thought about both of those branches of service until I met a Navy recruiter."

The recruiter changed Campa's perspective and his life.

"The Navy recruiter had such a passion for going to sea and for serving our nation that it made me want to be part of this organization," Campa said. "I don't remember the programs he talked about — but I remember the stories he told about being on board a ship, the places that he had visited and how much he missed being in the fleet. The way he spoke about those things told me that this organization was something special."

Campa, like many Sailors at the time, came into the Navy having never finished high school.

"I don't think at first that it had that much impact on me," Campa said. "I didn't start out as a hospital corpsman, I started out as a deck seaman. The first six or seven months I was in, I was learning as much as I could about the Navy and the ship. But I knew in the back of my mind that if I wanted to do more, I would have to take that step and finish my degree."

Campa then went on to get his GED and started taking college



courses.

"Throughout my career when the opportunity presented itself, I would take a class," Campa said. "At first it was just to improve my leadership — writing classes, public speaking — those abilities that would complement my ability as a leader and as a corpsman. I came to a point where I had taken several of these classes, and I thought

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Holiday Care Packages continued...

(Continued from page 1)

According to Morro, the endeavor was well worth the effort and her support of it is without question.

"I think it's a great way to support the troops that are forward deployed and it's a great way to get those who are left here at home to rally around them," stated Morro.

The care packages contained items both donated by hospital staff and outside organizations like hand-made Christmas stockings donated by a Milton, Fla., organization known as The Seam Catchers. The organization makes holiday stockings for shipment to deployed military members from Northwest Florida.

"Last year, the Seam Catchers made 300 stockings for us, and this year they donated 500," said Teresa Beer, president of the Pensacola Oak Leaf Club. "We will take the extra ones we don't ship and send them to the local Chaplains' offices for them to distribute." Beer is the wife of a former Pensacola staff member who currently serves in support of Operation Enduring Free-

dom (OEF).

While filling and shipping the almost 60 boxes that were stuffed full with care and treats took a lot of labor and hard work, the entire effort did not cost the command one cent. Even the postage fees were raised by donations from the likes of the hospital's FCPOA and Oak Leaf Club, which is an organization that consists of local medical, dental, nurse and medical service corps officers' spouses.

Beer says the club has been (packing and shipping care packages) for the past few years. This year, they teamed up with the hospital's SCPOA, who in turn teamed with the FCPOA.

Hospital Corpsman 2nd Class Toni Lee, president of the SCPOA, and a key coordinator of the effort, said the desire to send care packages, that were not just boxed store-bought cookies, was a priority for her and the association.

"We really wanted to send a personal touch with these packages -- a little bit of comfort from home. So, we're hand-writing notes and cards to put in every box, so they know that we're thinking of them," Lee stated.

NASA Trains Rota Med Personnel to Support Shuttle Missions

By Mass Communication Specialist 2nd Class Joseph Ebalo, Naval Station Rota Public Affairs

ROTA, Spain - A four-person medical team from NASA taught a medical response class Dec. 8 to more than 25 Sailors, Airmen and Soldiers from Naval Station NAVSTA Rota and Moron Airbase selected to man NASA's Space Shuttle Transoceanic Abort Landing (TAL) Site.

The NASA training course was given to prepare support for a NASA space shuttle launch scheduled for early 2009. During the two-day course, students covered topics such as space shuttle equipment, space suit removal and space medicine.

Lt. Cmdr. David Bachand, U.S. Naval Hospital Rota, Spain, aviation medicine department head, and NASA training coordinator, said this is the last training session before the NASA TAL program ends in 2010.

"It's an awesome opportunity to learn about a different kind of medical emergency situation," said Bachand. "We don't know when or if there will be another chance to learn from NASA, so it's very important to get as many corpsmen, nurses and doctors as possible trained up to respond and to pass down the information."

The NASA trainers provided slide shows, videos, lectures, and brought tools and equipment for them to examine and work on.

"We want our students to have the best training possible," said Dr. Phillip Stepaniak, NASA Johnson Space Center Medical Operations branch lead for space shuttle medical and contingency operations. "Our goal is to make them familiar with our people, our equipment, our procedures and our communications, that way they can be confident to face whatever challenges come their way."



ROTA, Spain - NASA training team member Lt. Col. Melinda Screws shows students how to adjust a space suit helmet in a training class for the Space Shuttle Transoceanic Abort Landing Site Program Dec 8. U.S. Navy photo by Mass Communication Specialist 2nd Class Joseph Ebalo

Stepaniak also added in his 10 years of conducting training in Rota, his students have always stayed motivated.

"The number one enemy for us in this situation is complacency," said Stepaniak. "Every time I have come to Rota, I have been impressed the student's energy in preparing for a mission."

In addition to the classes, students participated in question and answer sessions with the trainers when they were able to talk about past space shuttle experiences and share ideas about future NASA programs.

"When I joined the Navy, I never thought that I would sail a ship, fly an aircraft or go to combat with the Marines, but I have. Now I can add training with NASA to that list," said Hospital Corpsman 3rd Class (FMF/CAC) James Sandoval.

Surgeon General's Column continued...

(Continued from page 2)

state of the art equipment, coupled with the best trained medical providers in the world, will ensure our continued success. And yet, these resources and technologies should never be their own ends, but should serve to facilitate our continued execution of our basic mission.

Regardless of the challenges we may face, our values, both individual and collective, will always lead us in the right direction. Navy Medicine has a corporate culture second to none. Our beliefs and relationships between each other and the services we provide will guide our decisions and our actions, because we can never go wrong if

we truly make the patients and families the center of our enterprise. When individuals possessing and sharing the same high values stand together for a common purpose, they create a very powerful force that drives positive behavior and actions learned within the group and is then transferred between people over time. As members of Navy Medicine we are uniquely blessed in sharing a most noble value. Navy Medicine's 166-year history of excellence, pride and determination has created the atmosphere that ensures our success. Additionally, we have created a critical mass of esprit-de-corps that few organizations can truly experience or emulate.

So, as we continue to enjoy the success of our enterprise created by our corporate culture and our value system, I ask you to look out for each other and take care of your shipmates who may be in need during the holidays. I would also like to thank each and every member of the Navy Medicine team for all that you contribute to our noteworthy success. Whether on the home front, abroad, or in a deployed status, YOU are Force Health Protection in action and YOU are an integral component of our finely-tuned machine. I appreciate all you do and I value each and every one of you ...it is MY honor to serve our great country with you.

Continuing Promise 2008 Mission Complete; USS Kearsarge Heads Home

By Mass Communication Specialist
1st Class Amy Kirk, Continuing
Promise 2008 Public Affairs

USS KEARSARGE - USS Kearsarge (LHD 3), along with various embarked units, departed Georgetown, Guyana Nov. 22 to begin transit back to its homeport in Norfolk, Va., concluding four-months at sea in support of the Caribbean phase of Continuing Promise 2008 (CP08).

Kearsarge's mission during CP08 was to conduct joint civil-military operations including humanitarian and civic assistance, as well as veterinary, medical, dental and civil engineering support to six partner nations and to send a strong message of compassion, support and commitment to Central and South America and the Caribbean.

"An incredible journey seems like an understatement for this mission," said Capt. Fernandez "Frank" Ponds, CP08 Mission Commander. "The men and women of Continuing Promise have given their sweat, their tears and, at times, their blood to make this mission successful. We have broken through many barriers – language, cultural and government – to reach out to our neighbors in Central and South America and the Caribbean in a gesture of goodwill and friendship. The bonds we have made will last for years to come and only grow stronger with future missions to the area."

During the deployment, the CP08 medical contingent of more than 150 joint military and international military medical professionals and nongovernmental organizations, worked along side host nation officials to treat more than 47,000 primary care patients, dispense more than 81,300 prescriptions, provide veterinary care to nearly 5,600 animals and conduct more than 198,600 medical, dental and optometric services.

In addition to the primary basic medical care provided by the CP08 team, 221 patients were flown to Kearsarge for shipboard surgeries,

including hernia repair and eye surgery.

One of the mission's most memorable surgeries involved two eight-year old twin boys from the Dominican Republic who received eye surgery to correct Strabismus, a condition where the eyes do not properly align with one another.

For most of the doctors on the CP08 team, the smiles, hugs and handshakes have made this mission worthwhile.

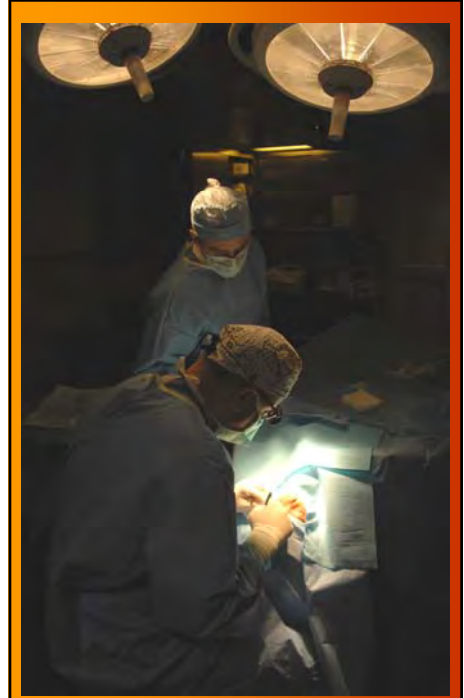
"It gives me great satisfaction to be able to have helped these boys in a way no one else could," said Cmdr. Brian Alexander, an ophthalmologist embarked aboard Kearsarge for the CP08 mission. "The smiles on the faces of the twins and their mother were one of the biggest rewards I could have received."

During the ship's visit to Nicaragua, surgeons from Operation Smile, a worldwide children's medical charity that provides free surgery to children born with facial deformities, performed more than 20 cleft lip and cleft palate surgeries.

While in Guyana, the final stop in the CP08 mission, Kearsarge was also able to tackle unforeseen medical emergencies. Pilots from Helicopter Sea Combat Squadron (HSC) 28, Detachment 5, conducted an at-sea medical evacuation of a heart-attack victim aboard a nearby vessel, while air crew members from Marine Heavy Helicopter (HMH) Squadron 464, rendered emergency transport assistance at Kumaka District Hospital in Santa Rosa to a young girl suffering from appendicitis.

In addition to the medical care provided by the CP08 team, Navy Seabees attached to Construction Battalion Mobile Unit (CBMU) 202, and civil engineers from the Air Force's 5th Civil Engineer Squadron's Prime Base Emergency Engineer Force completed various construction and renovation projects in each of the countries visited during the mission.

In all, the joint-military engi-



ATLANTIC OCEAN - Cmdr. Brian Alexander, an ophthalmologist embarked aboard the amphibious assault ship USS Kearsarge (LHD 3), performs eye surgery on a 3-year-old girl whose eyelids had been fused together since birth Nov. 15. Kearsarge was the primary platform supporting the Caribbean phase of Continuing Promise 2008, an equal partnership mission between the United States, Canada, the Netherlands, Brazil, Nicaragua, Colombia, Dominican Republic, Trinidad and Tobago and Guyana. U.S. Navy photo by Mass Communication Specialist 3rd Class Maddelin Angebrand

neering team built three schools, renovated 10 schools, clinics and hospitals, conducted 10 park/community center renovations, and performed five infrastructure related projects.

"I am very proud of the projects my engineers were able to accomplish in the short periods of time that we had to work. To build three school facilities from the ground up was an amazing accomplishment," said Maj. Thomas Defazio, officer in charge of CP08 engineers. "We all felt privileged to be a part of this

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Campa continued...

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of shaping them into a degree."

Campa received his bachelor of science degree from Excelsior years later while attending the U.S. Army Sergeants Major Academy. All services send senior enlisted to one another's leadership schools.

He took his willingness to learn further, going to the Naval War College. He graduated with a master of science and strategic studies.

"It is a very challenging program," Campa said of the year-long in-residence course of study.

The MCPON's first mentor is tied closely with his vision of what a leader should exemplify — deckplate leadership.

"My first chief had a big impact on me. I still look at what he did," Campa said. "When he spoke, he spoke with such credibility because he had such a strong knowledge of his ship, his rate and the people that he led; that inspired me to want to do well for him. He planted some seeds — but I have been fortunate throughout my career to have good, strong, deckplate leaders — those who kept their focus on their people and measured their success through them.

"That is what I tried to bring back with deckplate leadership. That kind of leadership is traditional of the chiefs' mess and critical to our people and our Navy."

He added that he does not get excited when meeting someone, famous or not, but there was one exception to the rule, MCPON Delbert D. Black.

"I was getting ready to go to my first command master chief tour, and I was stationed in Great Lakes. The region master chief, Chief of Naval Operations-directed Master Chief (CNOCM) Duffy Merril, invited my wife and me to have dinner at his home. When we got there, he had a surprise for us; the first MCPON and his wife, Ima, were both there."

"I had read stories about him throughout my career. To listen to him talk about our Navy and the events that helped shape it was inspiring. I realized that what he

was telling me was not just about things he saw, he was passing down a little bit of our Navy's history from one generation of chiefs to the next. He walked me out to my car, shook my hand and told me not to forget who raised me in the Navy and who I worked for," he said.

"It was one of the most memorable evenings of my career."

Campa feels every Sailor should have a sense of the history of the Navy.

"Every Sailor should know where he comes from," Campa said. "They need to have a grasp of the organization they belong to. I don't believe any leader can be effective if you don't understand who you are, what you do and where that came from."

And while he agrees that chiefs should be knowledgeable, the MCPON doesn't think that degrees are the answer to whether a chief is suitable to be promoted.

The new chief's evaluation still measures professional growth and education, Campa explained. The measurement is not just college education, but different kinds of education and training which makes the determination fair.

The new evaluation is something Campa thinks was long overdue.

"We developed the chief petty officer mission, vision and guiding principles shortly after I became MCPON. It goes to the heart of the services a chief should always provide, no matter what job title. Guiding principles serve as the foundation to who the chiefs are.

"You never stop being the chief. I felt there was a better way to align what we are evaluating our CPOs on and what is expected of them as chiefs."

Campa believes being the first Hispanic master chief petty officer of the Navy is a classic example of the Navy's diversity.

"No matter what your background, what you look like, what the color of your skin is, the opportunities that you have in the Navy and how far you can go in this organization are based on your abili-

ties," Campa said. "I don't think there is a person in the Navy today that feels that they have to sacrifice their culture or heritage to be part of this organization."

Campa continued, "Being a Hispanic MCPON, or even being a Hispanic chief or first class petty officer, there are some folks that are going to share your heritage.

"Whether you realize it or not, those that share your heritage will look to you as a role model. With that comes the responsibility to give back to that community. You do that by sharing the understanding of their culture."

Throughout his 27 years of service the MCPON has seen many changes. The largest change he thinks is the Homeport Ashore Program.

"It's probably the biggest quality-of-life initiative since I have been in the Navy," Campa said. "We are taking those Sailors off the ship and giving them a room in the barracks when they are not out at sea. It is a huge cultural shift.

There were a lot of folk in the Navy that didn't believe we should do this, they felt if living on ship was good enough for them, it should be good enough for new Sailors. But it was the right thing to do; it was critical."

While Campa sees improving the quality of life will help retention, he believes that the best retention tools are inside of each naval leader.

"Give your Sailors a sense of accomplishment," Campa said. "We see it happening all over the fleet. Good leadership sets their Sailors up for success and takes a genuine interest in the growth and development of their Sailors. There isn't anything that a well-led Sailor will not do for our Navy and our coun-



NHB Internal Med Dept Head Recognized as Navy Internist of the Year

By Douglas H Stutz, Naval Hospital Bremerton Public Affairs Office

BREMERTON, Wash. - Cmdr. Mark Dick, head of Naval Hospital Bremerton's (NHB) Internal Medicine Department was recently selected as the top Navy Internist of the Year by receiving the Sparks Award for Outstanding Internist of the Year at a Family Medicine or Non-Teaching Hospital. The award is the only one presented annually by the Navy Chapter of the American College of Physicians.

Dick was nominated for the award by NHB's Director of Medical Services, Capt. Ronald Dommermuth, and as such has continued a minor tradition of sorts by having the award associated with NHB. The previous Internal Medicine head, Cmdr. Eric Rasmussen was recognized, as was Cmdr. Dave Murphy, who is currently one of NHB's new pulmonologists.

"It is always tremendous to be recognized by your peers," said Dick, who has been at NHB for almost three of his 15 years in the Navy. "Past recipients have gone on to be leaders in the Internal Medicine community."

Nominations for the award were solicited from Family Medicine teaching hospitals as NHB and other non-teaching hospitals. According to Dick, award qualifications focused on clinical care performance as well as administrative accomplishments. Dick provided ample examples of both, not only at NHB where he also served as the Assistant Internal Medicine Specialty Leader, but during temporary assigned duties providing cross-level support to Naval Hospital Lemoore and Naval Hospital Oak Harbor.

"He is such a superb internist and role model mentoring three other general internists," said Dommermuth. "He leads by example. Despite all the time demands of being a department head and full-time primary care manager, he makes time to help a colleague or squeeze in another patient. His focus continues to be on the Sailor and their families."

Being the recipient of the award comes as no surprise to those who work for and work with Dick. "My department would tell you that I quietly accomplish a lot of goals," he said. "None of it would be possi-

ble without their hard work. All of the successes that our department achieved in enhancing business efficacy and supporting deployed providers have only been possible through each of my department member's hard work."

According to Dommermuth, Dick is intricately involved in disease management and population health initiatives. He has also successfully led the Internal Medicine Department through two challenging staff periods with the loss of over 50 percent of his general internists. Dick also oversaw the Dermatology clinic during an 11-month gap, and despite deployment and job position issues, he was able to maintain access to care standards and business plan targets. His department also leads the command in all BUMED required and tracked population health metrics, except for one (cervical cancer screening).

Dick concluded, "My colleagues and mentors have been crucial in my successes. However, the one person I would single out is Lt. Cmdr. Violeta Cruz, the department's leading nurse. She really has been a catalyst for change."

Kearsarge continued...

(Continued from page 5)

mission. The teamwork amongst the various organizations that came together was unbelievable. I also greatly enjoyed the opportunity to work with the Seabees again. I think our organizations have much to learn from each other. We came as two separate units but left as one team."

At each stop on the deployment, Kearsarge Sailors assisted the engineering team by participating in volunteer community relations projects at the sites and offering extra hands to help with landscaping, construction, painting and building playgrounds.

The Sailors also took great pride in getting to know the communities they worked in by organizing several sporting events including basketball, soccer and cricket.

Throughout the deployment, Kearsarge donated hospital furniture, clothing, books and medical supplies through the Navy's Project Handclasp.

The ship also hosted numerous dignitaries, including presidents, prime ministers, U.S. ambassadors and ministers of health and defense.

Project Hope brought volunteers from numerous career fields including pediatricians, nurses, nurse practitioners, general surgeons and anesthesiologists. The volunteers' work ranged from patient tracking to helping coordinate large patient flow at the treatment sites and working with Navy surgeons in the ship's operating rooms to medical counseling at the treatment sites.

During its four-month deployment, Kearsarge completed HCA missions in Nicaragua, Colombia, the Dominican Republic, Trinidad and Tobago and Guyana.

"I could not have been more proud of the Kearsarge Sailors and all of the embarked units who have supported this mission," said Capt. Walter Towns, USS Kearsarge commanding officer. "No one hesitated to do what was necessary to keep this mission on course. We had men and women working in the rain and in the heat, giving their all everyday just to put a smile on the faces of those they were helping. They never once asked for thanks or recognition. For them, it was about being a part of something bigger. This is a deployment they will never forget."

Happy Holidays and Happy New Year to our Navy Medicine personnel and your loved ones.

Navy Medicine is Committed to All We Are Honored to Serve

**From the Navy Bureau of Medicine
and Surgery Public Affairs Office**

WASHINGTON – In mid-November, Adm. Gary Roughead, Chief of Naval Operations, released the Navy Ethos, a set of Navy fundamental principles and values, to emphasize the importance of one Navy team – active duty, Reservists and civilians.

Navy Medicine, being a core asset of the Navy and its Maritime Strategy, exemplifies this one Navy concept by means of Force Health Protection—working together as one Navy Medicine team of active duty, Reservists and civilians. The Navy Ethos is a pledge for the Navy Medicine team to uphold the principles of the Sailor's Creed and the Navy core values.

"Navy Medicine does one thing every day and we do it very well—Force Health Protection. We prepare our forces to deploy. We deploy ourselves to prevent, and if necessary, treat disease and injury," said Vice Admiral Adam M. Robinson Jr., MC, Surgeon General of the Navy.

Robinson continued, "We tend to our injured on the battlefield,

and restore our warriors' health when they return to our military treatment facilities. We care for our retirees and their families and do it all as One Navy Medicine Team. Our active duty, Reservist, and civilian workforce are committed and passionate, and ready to get the job done - anytime, anywhere."

The Navy Medicine team is a superbly trained and diverse team of Sailors and civilians who are grounded in our medical ethos, core values and commitment to mission readiness and accomplishment.

Every day, each member of this team has the opportunity to positively impact the global community they are serving. One such example of this positive global impact is Continuing Promise 2008. The amphibious assault ship USS Kearsarge (LHD 3) was the primary platform for the Caribbean phase of this humanitarian/civic assistance mission which involved the U.S., Canada, the Netherlands, Brazil, Nicaragua, Colombia, Dominican Republic, Trinidad and Tobago, and Guyana. Medical staff embarked onboard Kearsarge provided dental and medical care throughout the Caribbean region. Lt. Megan Rie-man gave eye exams to patients at the Kumaka District Hospital, and Lt. Cmdr. Ken Norris checked the throat of a little boy at the Couva District Health Facility.

In Africa, Hospital Corpsman Knasi Kusi separated doxycycline hyclate malaria medication into weekly doses in the pharmacy at Seth Michaud emergency medical facility at Camp Lemonier Djibouti.

The Camp Lemonier medical facility cares for almost 2500 Army, Navy, Air Force, Marine Corps, and Department of Defense (DoD) personnel supporting joint military missions in Africa.

On the home front, Lead Mammography Technologist Carmen Waters at the Breast Health Center at the Naval Medical Center San Diego assisted a patient, who was waiting for prescriptions, prepare for a mammography. In conjunction with the pharmacy, the Breast Health Center started a new program called "Mammograms While You Wait" that allows patients to take the exam while their prescriptions are being filled. Providing these services have saved patients time and demonstrate the efficiency of our military treatment facilities and staff.

The Navy Medicine enterprise is an agile, flexible and professionally anchored organization with the ability to execute Force Health Protection and all other aspects of expeditionary medical operations to support our Navy-Marine Corps warriors. At the same time, these health care providers participate in humanitarian assistance and disaster relief efforts and other operations where medical care is needed for sustainment and success.

The Navy Medicine team will continue our efforts to ensure we have the right workforce. Navy Medicine will maintain the right medical capabilities across the full range of military operations through the appropriate mix of accession, retention, education and training incentives.



**Bureau of Medicine and Surgery
2300 E Street NW
Washington, DC 20372-5300**

**Public Affairs Office
Phone: 202-762-3221
Fax: 202-762-1705**